LUNCH RUSH
WHO'S THE GROCERY-STORE SALAD TASTE-TEST WINNER? {page 18}

COFFEE PERK
JOLT OF JOE KEEPS THE BLUES AWAY {page 16}

BOWLED OVER
HURLEY TO WED CRICKETER
DISH {page 15}

OTTAWA metro®

Tuesday, October 4, 2011
www.metronews.ca

News worth sharing.

Striking. Security

▶ Ottawa courthouse security officers, from left, Omar Ahmed, Dergham Karim and Ihsan Abbadi stand on a picket line yesterday afternoon.

SEAN MCKIBBON/METRO

Courting better working conditions

Court security officers who are members of United Steelworkers Union Local 9597 hit the pickets yesterday demanding better benefits and wages after contract talks broke off with their employer, Inkas Security.

Slash $1B from defence, report says

Retired military man calls for cutting Ottawa HQs staffed by approximately 20,000 uniformed members, civil servants

The former soldier who's recommended deep cuts at the Department of National Defence headquarters says the Conservative government has an opportunity to implement historic change.

Retired lieutenant-general Andrew Leslie made his pitch for up to $1 billion in savings before the Senate defence committee yesterday, describing the 43 recommendations in his report as "moderately tough choices" that will require political will to implement.

Leslie, who headed the army throughout most of the Afghan war, was put in charge of designing a reorganized military, and his findings, released last month, have created waves.

He recommended cuts on the bureaucratic side of DND, trimming jobs at headquarters and reallocating resources in measures that could affect up to 11,000 jobs.

Under the plan, the department would cut money spent on outside contractors and consultants.

"I think the only person who agrees with all of my recommendations is me."
RETIRED LT.-GEN. ANDREW LESLIE ACKNOWLEDGING THE RANCOUR WITH WHICH THE REPORT HAS BEEN RECEIVED INSIDE THE OTTAWA HEADQUARTERS

The transformation report would "destroy" the Canadian military if fully implemented, retired chief of defence staff general Rick Hillier has warned.

Leslie countered by saying he spent more than 30 years in uniform and would never do anything to destroy the Forces, but argued that a fiscal reality of cutbacks is going to kick in, regardless of whether the Forces wants to acknowledge it.

THE CANADIAN PRESS

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CONTRIBUTED

▶ Jean-Serge Brisson of the Libertarians.

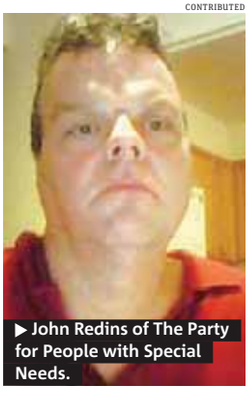
CONTRIBUTED

▶ David McGruer of the Freedom Party.

CONTRIBUTED

▶ John Pacheco of the Family Coalition Party.

CONTRIBUTED



▶ John Redins of The Party for People with Special Needs.

CONTRIBUTED

▶ Kristina Chapman, independent.

Fringe campaigners voice their political messages

These candidates are independent or their parties don't have an entrant running in every riding
They tell Metro why they're running and whether they're in it to win it or just to make a point

JESSICA SMITH
@METRONEWS.CA

They don't have media teams sending out hourly email blasts to journalists on the scandal of the moment, but Ottawa's lesser-known candidates say they're trying hard to get a message to voters.

Jean-Serge Brisson, Libertarian

The Libertarians are the biggest of the small parties in Ottawa, with five candidates running.

"We are the only political party that does not want to increase the size of government," said Jean-Serge Brisson, candidate in Ottawa South.

"They all talk a big talk about reducing government, but it never happens."

The Ontario Libertarian Party believes the province should only deal with policing and courts, leaving culture and social programs up to the private sector or private groups.

Brisson is running to get the Libertarians' point of view across but finds many voters haven't heard of his party. Those who hear their message appreciate it, he said. "They see the waste that's out there and they want to end it."

David McGruer, Freedom Party

David McGruer, one of three Freedom Party candidates running in Ottawa, said the four major parties are "philosophically in agreement" with each other, but his party thinks differently.

"For example, in health care, they all agree that it is both moral and proper for government to impose a monopoly on health care, prevent a free market, and that politicians and bureaucrats should dictate how health care should be run," he said, adding that the Freedom Party would allow private health care.

"I just wish there was more publicity for the independent person and the other groups, and not just the four major parties."
KRISTINA CHAPMAN, INDEPENDENT

McGruer said he doesn't have "any illusions" about being elected. "My purpose was to attempt to slightly shift the discussion," he said.

He's finding some people reject his message. "They aren't prepared to think outside the tiny little box they're trapped in."

John Pacheco, Family Coalition Party

John Pacheco, running in Ottawa West-Nepean, is one of three Family Coalition Party candidates in Ottawa.

"Our approach is to look at everything through the lens of the family," said Pacheco. That includes taxation, education and "respect for human life."

"The big drawback from smaller parties like ours is that you'll find voters, even people who are conservatively minded, say 'It's a wasted vote,'" he said. If people voted their principles, instead of strategically, it would impact the policies of the mainstream parties, he said.

John Redins, The Party for People with Special Needs

John Redins said he emailed all of the political parties and asked them about their platforms for people with disabilities — The Party for People with Special Needs was the only one who answered and that's why he's running for them.

"What sets me apart is I just feel I can do better than what is being done right now," he said.

A key issue for him is health care. "I'm on the waiting list to get my hip done, so I was kind of fed up with the answers I was getting about waiting times."

Kristina Chapman, Independent

Kristina Chapman is Ottawa's only independent candidate.

"My platform suggests that we should find employment for students who have graduated college or university and haven't been able to find employment," she said. "Basically, I'm backing these people up, because I'm one of them."

She said she's running to get her views known, not to win, but her campaign message is resonating with many recent grads in her situation. "I just wish there was more publicity for the independent person and the other groups, and not just the four major parties," she said.

1 news

Look close enough at a college student's Facebook profile, and you might find evidence of a drinking problem.
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On the web at metronews.ca

Allan Small sees potential for a market rally during the coming earnings-report season. More at metronews.ca.

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Taking a shot for the visually impaired

JESSICA CUNHA/KANATA KOURIER-STANDARD

▶ Heading west on Hazeldean Road in Stittsville, Matt Morrow of Orleans, rear, joins Courage Canada founder and blind hockey player Mark DeMontis in his skate from Halifax to Toronto.

Hockey player, motivational speaker and founder of Courage Canada skates his way to awareness

SEAN MCKIBBON
@METRONEWS.CA

Mark DeMontis knew he had a decision to make when he lost his sight at 17 and was diagnosed with a rare hereditary disease called Leber's Optic Neuropathy.

"I played triple-A. I had a goal of playing in the NCAA and getting a scholarship. Then I was told by doctors at Sick Kids (hospital) I was losing my sight. I decided to play blind hockey and that was the start of a new journey in my life," he says.

He founded Courage Canada, an organization that raises funds and awareness for learn-to-skate programs and hockey for Canadians who are blind and visually impaired.

"Being blind doesn't mean you need to give up on what you're most passionate about."
MARK DEMONTIS

Lately, his journey has logged a few more miles as he in-line skates from Halifax to his hometown of Toronto. He began on Aug. 13 and will wrap up the trip on Oct. 15.

Courage Canada has programs in Ontario, Quebec and British Columbia, but DeMontis hopes his in-line skate will raise more funds and awareness to start more programs in more cities across the country.

"I know first-hand what it feels like to love playing hockey and then become visually impaired," he says. "This is why it's so important to me that youth and adults who are blind and visually impaired across Canada become aware of what opportunities are available to them through such causes as Courage Canada."

DeMontis arrived in Ottawa Friday and has been meeting with sponsors and going to public-awareness events.

Today, he and his fundraising team are to be honoured on Parliament Hill, where they will meet with a number of federal politicians.

For more information about DeMontis and Courage Canada, visit to couragecanada.ca.

For more news, visit metronews.ca/ottawa

Seniors Summit attendees seek answers

JOE LOFARO/METRO

▶ David Cork, author of The Pig and the Python: How to Prosper from the Aging Baby Boom, speaks to attendees at the Seniors Summit at city hall yesterday.

JOE LOFARO
@METRONEWS.CA

Ottawa needs a realistic plan to deal with its aging population, Mayor Jim Watson said as he spoke at the city's first Seniors Summit yesterday.

"We know that about 12 per cent of our population are seniors today, and then in about 20 years that number's going to go up to about 20 per cent," Watson said. "It has huge implications to recreation programs, Para Transpo capacity, the number of long-term-care beds we have, even simple things like accessibility to buildings."

About 200 people attended the one-day summit at city hall to talk about pertinent issues like transportation, housing, social services, civic participation and public safety.

Addressing the baby boomers in the audience, keynote speaker David Cork talked about putting off retirement to the age of 75 and asked the attendees what they can do for the city as community volunteers.

"The baby boomers were late to graduate in school, they were late to get married, late to have children.... Why would they retire early?" Cork said.

Eight more consultations are on the way in October and November before Ottawa's Older Adult Action Plan is adopted next year.

Residents can register to participate at ottawa.ca/seniors.

CLASSES STARTING MONTHLY

Accounting and Payroll Administrator

Program Objective ***CPA endorsed!***

The objective of this program is to train students in the practices of financial accounting and payroll in Canada. Each successful student will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems. This program also provides our students the opportunity to obtain the **Payroll Compliance Practitioner** (PCP) certification, issued by the **Canadian Payroll Association** (CPA). The certification is nationally recognized as a standard of excellence for payroll training in Canada.

Career Opportunities

Graduates of this program will have the opportunity to enter the workplace with the skills to perform the tasks carried out by employees within accounting departments such as Accounts Receivable, Accounts Payable, Billing, Payroll and Collections. Employers are looking for competent accounting and payroll professionals who are trained to effectively collect, record, organize and prepare financial records. An accounting background is one of the first steps into Business Management.

Accounting and Payroll subject matter includes:

- Bookkeeping & Financial Accounting–Levels 1 & 2
- Intermediate Accounting
- Computerized Accounting, Simply–Levels 1 & 2
- Computerized Accounting, AccPac–Levels 1 & 2
- QuickBooks
- Effective Business Writing
- Payroll Compliance Legislation (PCL)
- Payroll Fundamentals 1 (PF1)
- Payroll Fundamentals 2 (PF2)

Fitness and Health Promotion

Program Objective

The objective of this program is to provide the theoretical knowledge and the practical skills required to plan, market, and deliver safe and effective fitness and health services to individuals and groups in diverse settings.

Career Opportunities

Starting your own personal training business is an option! Corporations and hotels that offer leisure and wellness programs are other options. Opportunities also abound in:

- Fitness and Health Clubs
- Retail Fitness and Sports Stores
- Municipal Recreation Centres
- Health Promotion Agencies
- Hospitals and Rehabilitation Clinics

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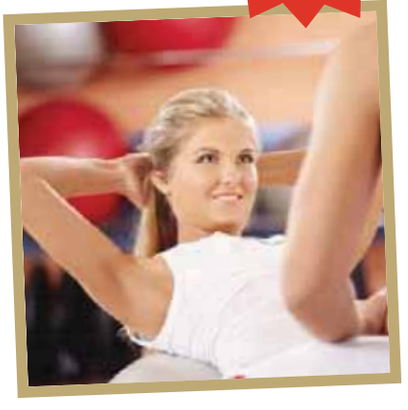

Fitness and Health Promotion subject matter includes:

- Anatomy and Physiology
- Exercise Physiology
- Nutrition and Wellness
- Community and Civic Life
- Leisure Program Design & Management
- Group Exercise
- Fitness Assessment & Program Design
- Biomechanics & Kinesiology
- Personal Training and Programming
- The Business of Personal Training
- Advanced Exercise Techniques

Personal Support Worker

Part-time evening program now available!

"Knowing that you are making a difference" to people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

This 27 week program includes 11 weeks of clinical placement.

Medical (Dental) Office Assistant

Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical office.

This course is a 30 week diploma program and includes a 4 week co-op placement.

Pharmacy Technician

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility. The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**,

This 40 week diploma program includes an 8 week co-op placement.

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Paralegal

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The Paralegal program of Algonquin Careers Academy is **accredited** by The Law Society of Upper Canada. The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare the student to successfully challenge the LSUC licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

This 44 week diploma program includes a 4 week co-op placement.

Travel Counsellor Online

The Travel and Tourism industry is one of the biggest employers in the world. By completing this program, you will obtain an understanding of the travel industry, agency operations, computer reservation systems, ticketing, destinations, geography, customer service and sales techniques. Complete this diploma program through online distance education.

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News in brief

MATT SAYLES/THE ASSOCIATED PRESS FILE

▶ Gene Simmons and Shannon Tweed

Simmons, Tweed nuptials benefits SPCA

DONATIONS. The Saskatoon SPCA says it is $5,700 richer thanks to the wedding of reality TV star Shannon Tweed and Kiss rocker Gene Simmons.

The couple wed in Beverly Hills, Calif., on the weekend and, instead of setting up a gift registry, asked guests to consider donating to the SPCA. Tweed, a former Playboy model born in Newfoundland, was raised in Saskatoon. **THE CANADIAN PRESS**

Berlusconi aides face trial

INDICTED. A Milan judge yesterday ordered three aides to Premier Silvio Berlusconi to stand trial on charges they allegedly recruited a Moroccan girl and several women for prostitution.

All three have denied wrongdoing.

The trial begins Nov. 21. **THE ASSOCIATED PRESS**

Massacre site opens to media

NORWAY. Norway opened the island of Utoya to journalists yesterday, the first time since confessed mass killer Anders Behring Breivik massacred 69 people at a youth camp in July, with the ruling Labour Party vowing to ensure its idyllic retreat transcends tragedy. **THE ASSOCIATED PRESS**

Got (breast) milk?

Petition latest push in Alberta for human-breast-milk bank
Would be used for pre-term babies, moms who can't produce milk: RN

HEATHER MCINTYRE
@METRONEWS.CA
METRO CANADA IN EDMONTON

HEATHER MCINTYRE/METRO

▶ Erie Melnychuk poses with two bags of her frozen breast milk.

Support for a human-breast-milk bank in Alberta is growing, and an Edmonton woman is doing what she can to pump it up even further.

Erie Melnyhchuk, a registered nurse and lactation consultant, began advocating last year and started a petition last week, though she noted it's a long process, due to the need for funding, space and government support.

"We would be using the breast-milk bank for pre-term babies and if mothers couldn't produce milk," Melnychuk said. "I know there are needs for that."

Natasha Chiam agrees.

"My first son was a premie, so we spent just about three weeks in (the neonatal intensive-care unit)" said Chiam. "I was able to pump enough milk for him, but had I not been able to, I would have chosen it over formula."

But Natasha Proulx, mom to one-year-old twins, isn't so sure.

"I tried to nurse and ended up using formula," she said. "I would want any breast milk to come from me, not another mom. I know it's tested but I still might feel uncomfortable."

For now Melnychuk plans to use the petition to continue to garner more support.

Milk sharing

- There is currently only one human-milk bank in Canada, located in Vancouver.
- The Petition for Public Interest in a Human Milk Bank in Alberta, online at petitiononlinecanada.com, had more than 200 signatures yesterday afternoon.
- The Facebook group Human Milk 4 Human Babies — Alberta is a popular way to share breast milk.

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Knox going home

Italian appeals court clears American student of murder conviction Orders her immediate release

PIER PAOLO CITO/THE ASSOCIATED PRESS

▶ Amanda Knox cries in court yesterday.

An Italian appeals court threw out Amanda Knox's murder conviction yesterday and ordered the young American freed, a stunning reversal four years after she was jailed for the death of her British roommate.

Reports say she left prison late last night and will fly home to Seattle with her family today.

Knox, 24, collapsed in tears after the verdict overturning her 2009 conviction was read out. Her co-defendant, Italian Raffaele Sollecito, also was cleared of killing 21-year-old Meredith Kercher in 2007.

The eight-member jury acquitted both Knox and Sollecito of murder after a court-ordered review cast serious doubts over the main DNA evidence linking the two to the crime.

The judge upheld Knox's conviction on a charge of slander for accusing bar owner Diya "Patrick" Lumumba of carrying out the killing. He set the sentence at three years, meaning for time served. Knox has been in prison since Nov. 6, 2007.

The Kercher family looked on grimly and a bit dazed as the verdict was read out by the judge after 11 hours of deliberations. Outside the courthouse, some of the hundreds of observers shouted "Shame, shame!"

Earlier yesterday, Knox tearfully told the court she did not kill her roommate.

"I've lost a friend in the worst, most brutal, most inexplicable way possible," she said of the 2007 murder of Kercher, who shared an apartment with Knox when they were both students in Perugia. "I'm paying with my life for things that I didn't do."

THE ASSOCIATED PRESS

Tensions. Rising

▶ Palestinians hold pictures of their relatives being held in Israeli jails during a protest calling for their release in the West Bank city of Nablus yesterday.

NASSER ISHTAYEH/THE ASSOCIATED PRESS

Fires fuel controversy

Tensions in the region escalated yesterday after arsonists torched a mosque in an Arab village in northern Israel. Graffiti sprayed at the site suggested Jewish radicals, suspected in other recent mosque fires, were involved.

New York mayor grilled at fraud trial

Mayor Michael Bloomberg testified yesterday against a former campaign operative accused of bilking him out of more than $1 million, then underwent hours of cross-examination by a defence lawyer who questioned whether he had skirted the law himself.

"He promised things that he didn't do," Bloomberg said of John Haggerty, who is accused of persuading the mayor and his staff to finance an expansive poll-monitoring initiative that never materialized, then using most of the cash to buy himself a house.

The defence has sought to paint a picture of Bloomberg as a high-rolling candidate surrounded by privileged insiders who skirted ethics rules.

THE ASSOCIATED PRESS

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Nobel for Canadian-born scientist stands

Nobel committee was unaware of Steinman's death Friday when it announced he would share prize

The Nobel Foundation says the decision to award the Nobel Prize in medicine to Canadian-born cell biologist Ralph Steinman will stand, even though he died three days before the announcement.

In what seems a cruel twist of fate, Steinman was awarded the coveted award yesterday — three days after he had died of pancreatic cancer at age 68.

Since 1974, the Nobel statutes don't allow posthumous awards unless a laureate dies after the announcement but before the Dec. 10 award ceremony.

However, after an emergency meeting yesterday, the Swedish foundation said the prize would remain, saying: "The Nobel Prize to Ralph Steinman was made in good faith, based on the assumption that the Nobel laureate was alive."

THE ASSOCIATED PRESS

Discovery

- Steinman's discovery dates back to 1973, when he found a new cell type, the dendritic cell, which has a unique capacity to activate T-cells.
- Those cells have a key role in adaptive immunity, when antibodies and killer cells fight infections.
- They also develop a memory that helps the immune system mobilize its defences next time it comes under a similar attack.

SETH WENIG/THE ASSOCIATED PRESS

Family members of Nobel Prize winner Ralph Steinman walk in front of a picture of Steinman during a ceremony honouring him at Rockefeller University in New York yesterday. From left, daughter Lesley Steinman, wife Claudia Steinman and son Adam Steinman.

METRO CUSTOM PUBLISHING

FOUNDATIONS OF HOPE

DAVID TSIGOULIS

Johanna was born three months premature and with a host of medical issues.

Reyna was three months pregnant with her first child when she was stricken with acute pains in her abdomen and back.

It was another three months before a clinic diagnosed a kidney infection.

In North America, pregnant women with this serious complication are typically hospitalized and given antibiotics intravenously. But in rural El Salvador, where Reyna lives, doctors induced labour. Baby Johanna was born weighing just one kilogram (2.4 pounds) and with a constellation of medical issues – a malformed hip, a collapsed lung and blood clots in her brain.

Today Johanna is four. She is bright and loves to draw, but is not yet able to walk. Her vision is extremely poor. Glasses would help, but her family can't afford them.

Officially in El Salvador, 30 percent of the population lives in poverty. But Reyna and thousands of others are the faces and people behind the sterile statistic. And the real story is about a daily, heartbreaking search for work (which may pay only $4 or less a day), inadequate food and poor health care and schools.

But that story is still being written.

"What makes me optimistic is meeting the people and seeing their hope, even though they live in such vulnerable conditions," says Laura Mata, chief of communications for World Vision El Salvador. Laura's organization is helping to lay the foundations of that future. By sponsoring children like Johanna, Evelyn and Karla, Canadians through World Vision Canada help fund nutrition circles that give women access to nutritious food for their families and preschools get children off to a good educational start. Johanna may receive funding assistance for her glasses, but she will also have a chance to attend children's clubs where she can explore art, music and other activities that nurture her potential.

"These kinds of projects are changing lives," says Laura. "But our country needs help. We can't do it by ourselves."

EL SALVADOR:

Although El Salvador has been slowly recovering from a devastating 12-year civil war that ended in 1992 and its economy is improving, gang-related violence is extremely pervasive. In addition, El Salvador has suffered a succession of natural disasters: in addition to active volcano eruptions, an earthquake in 2001 killed at least 1,200 people and left 1 million homeless. The average per-person income is just US$3,370 (in Canada, it is $41,980).

Wife of U.S. fugitive shocked to learn of past

- Portuguese woman met George Wright in the late 1970s near Lisbon
- Adult children 'grief-stricken'

The Portuguese wife of captured American fugitive George Wright said her husband told her he escaped from a U.S. jail but never revealed he had been convicted of murder or accused of a dramatic airplane hijacking.

Maria do Rosario Valente said she was shocked to learn about her husband's past after his capture last week near Lisbon, the country's capital, after 41 years on the lam.

"Now I've found out the rest," she told Portugal's TVI television in an interview broadcast late Sunday.

"I didn't really think much of it," she told TVI. "I thought it was just a boast."
MARIA DO ROSARIO VALENTE, WRIGHT'S WIFE, WHO TOLD TVI THAT SHE NEVER REALLY BELIEVED WRIGHT'S JAIL-ESCAPE STORY UNTIL NOW

The U.S. is trying to extradite Wright to serve the remainder of his 15- to 30-year sentence for a 1962 murder in New Jersey. The FBI also says he was part of a Black Liberation Army group that hijacked a U.S. plane to Algeria in 1972, forcing agents in bathing suits to deliver $1 million to the plane while it was stopped on the tarmac in Miami.

Wright's lawyer says his client will claim a new identity to prevent the U.S. from extraditing him. The lawyer, Manuel Luis Ferreira, told The Associated Press that Wright became a Portuguese citizen called Jose Luis Jorge dos Santos in 1991 after marrying Valente and fathering two children.

Wright's new identity was given to him by Guinea-Bissau's government when it granted him political asylum in the 1980s, and that was accepted by Portugal, Ferreira said. At the time, the tiny West African nation of Guinea-Bissau was a single-party Marxist state that looked kindly on black liberation movements.

NOTICIAS DE COLARES/THE ASSOCIATED PRESS

▶ U.S. fugitive George Wright.

THE ASSOCIATED PRESS

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RICHARD DREW/THE ASSOCIATED PRESS

▶ Expect the scene outside Apple's flagship store on Fifth Avenue, in New York, to be pandemonium if, as anticipated, the company unveils the iPhone 5 today.

Apple fans amped for newest iPhone

Company expected to unveil iPhone 5 today ◐ First upgrade of the popular smartphone since June 2010

Apple Inc. is expected to announce a new, more powerful version of its wildly popular smartphone today.

And as in the past, consumers are likely to clamour for it. Analyst Tim Bajarin says Apple could sell more than 25 million iPhones during the holiday quarter, which would be well above the 16.2 million it sold during the holidays last year.

"There's huge pent-up demand for this," he said.

39M
From January to June of this year, Apple sold 39 million iPhones.

The first iPhone was launched in 2007, and its slick looks, high-resolution screen and intuitive software made it a winner from the start.

The new iPhone is expected to have Apple's latest iOS mobile software, iOS 5. It includes wireless-device setup and content synching as well as beefed-up camera, email and web-browsing apps.

The phone is also expected to have Apple's forthcoming iCloud service, which stores music, documents, apps and photos on Apple servers and lets users access them wirelessly on numerous devices. THE ASSOCIATED PRESS

'Living dead' protest Wall Street greed

JOHN MINCHILLO/THE ASSOCIATED PRESS

▶ Protesters from Occupy Wall Street march through the New York financial district yesterday dressed as corporate zombies.

Protesters speaking out against corporate greed and other issues showed no sign of giving up their campaign yesterday in New York City, with organizers urging participants to dress as "corporate zombies" and rally against police brutality.

The weekend arrests of 700 people on the Brooklyn Bridge fuelled the anger of other protesters and sparked support elsewhere in the United States as Occupy Wall Street entered its third week.

The campaign started with fewer than a dozen college students spending days and nights in Zuccotti Park, near the city's financial centre. But a day after Saturday's mass arrests, hundreds of protesters were resolute and like-minded groups in other cities had joined in.

Group spokesman Patrick Bruner urged protesters to dress up as zombies and eat Monopoly money to let financial workers "see us reflecting the metaphor of their actions."

A map of the United States displayed in the plaza identified 21 places where other protests were organized.

Occupy Wall Street demonstrations in Los Angeles, Chicago and Boston were staged in those cities. And signs of support were rearing up outside the U.S. In Canada, a Wall Street rally is planned for later this month in Toronto. THE ASSOCIATED PRESS

Tech chains adding staff

Consumers are expected to buy Internet-connected TVs, tablet computers and smartphones this holiday season — enough gadgets that Canada's biggest electronics chains will add thousands of seasonal workers to meet the demand. Future Shop and sister company Best Buy Canada say they will increase their workforce by 6,000 jobs between November and January. THE CANADIAN PRESS

Greek debt crisis worsens

Inspectors from the IMF, European Central Bank and European Commission are in Athens this week reviewing reforms to see if Greece qualifies to receive the next 8-billion-euro instalment of its 110-billion-euro bailout. Without it, Greece will run out of funds to pay salaries and pensions in mid-October. Greece's debts are projected to reach 172.7 per cent of GDP next year. THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
-372 (11,251.84)	- 0.26¢ (95.14¢ US)
Oil	**Natural gas**
- $1.59 ($77.61 US)	1,000 cu ft $3.617 US (- 4.9¢)
	Gold $1,657.70 US (+ $35.40)

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THIS BARISTA'S CUP IS STILL HALF FULL

SHE SAYS ...

JESSICA NAPIER
METRO

After high school, I sunk six years and thousands of dollars into post-secondary education. And yet, I managed to learn some of life's greatest lessons from behind the counter at a local coffee shop.

For four years I worked evenings and weekends slinging cappuccinos for $6.25 an hour and actually loved almost every minute of it. Sure my hair permanently smelled of Guatemalan dark roast, but as far as part-time jobs go, being a barista is a pretty good gig. I enjoyed an endless supply of free coffee (an integral component in my scholarly success) and made a series of interesting new friends I might never have met otherwise. And while a large percentage of my fellow employees were the Hipster Barista meme personified, they were always happy to share the last piece of lemon poppy-seed cake or make me a mix CD.

"I taught myself how to identify the exact moment milk starts to burn using only my sense of smell and the caloric value of bran muffins vs. regular (hint: not as much as you'd like to think). I learned that accessories are a uniformed-employee's best friend and that I can drink exactly three double shots of espresso before experiencing heart palpitations."

I certainly wasn't the best barista in town — my latte art always ended up looking like a Jackson Pollock abstraction rather than a perfectly swirled leaf — but over the course of my coffeehouse tenure, I learned some pretty neat things. I taught myself how to identify the exact moment milk starts to burn using only my sense of smell and the caloric value of bran muffins vs. regular (hint: not as much as you'd like to think). I learned that accessories are a uniformed-employee's best friend and that I can drink exactly three double shots of espresso before experiencing heart palpitations.

But the most important lesson I learned in those barista years is this: people are pretty rude, especially before they've had a cup of coffee.

They say the customer is always right; this is true about 50 per cent of the time (I'm being generous here). The other 50 per cent of the time you just have to fake it. And so I happily smiled through strings of obscenities and personal insults, apologized when I wasn't at fault and prepared new drinks for those who had ordered incorrectly to begin with.

Working in the coffee shop wasn't really about mastering the roasting scale or brewing techniques; it was about standing on your feet and taking customer abuse for 10 hours a day without letting it crush your soul. Underpaid and overworked, I know just how difficult life can be on the other side of the counter and I'm a better person for it.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Should the sale and distribution of raw milk be legal?

80%
YES. LET CONSUMERS DECIDE

20%
NO. IT'S A HEALTH RISK

Local tweets

- **@Crazy-Composer:** Oh, I turned a lamp on at the neighbour's place, now there's a cat lying on the end table under the light, purring like a maniac. #CatLove
- **@Peady:** Love warm ups! So fun! #Choir
- **@martinireading:** Can someone recommend some steampunk titles? I've only read one steampunk book and I want to read more.
- **@ottguy:** Why is it that spending beyond our means for gazebos is endorsed over spending beyond our means for schools, hospitals and nurses?
- **@MelissaB_18:** I'm gonna love you like no one loves you, and ill earn your trust making memories of us. #keithurban ahh<3
- **@kimalexliz:** Had to put my lab Jazzy down today, she was sick and hurting too much, I rubbed her ears as she went quietly in my arms.

Letters

OC TRANSPO. Last Tuesday, I was involved in an incident on the 118 Kanata bus.

The bus was absolutely packed with people, and the only space for me to stand was about two steps inside of the front doors. We travelled to Baseline and Merivale, where the bus driver opened the front doors to let more people on the bus. As he opened the doors, my right foot got caught in the doors and pinched my foot right below my ankle.

I began to cry and pulled my foot out of the doors because my foot was in a lot of pain. I began to feel very nervous and scared and I pushed my way off of the bus and I said aloud, "I don't feel safe riding on this bus anymore. I'm getting off."

I think it's completely ridiculous for people to be getting hurt on the buses just because the city wants to save $20 million. Did they really think that there wouldn't be a largely negative effect on the OC Transpo riders? And to top it off, they have raised the fare. The transportation in our nation's capital is a joke.

MICHELLE BOICH
OTTAWA

Open. Wide

▶ A performer puts his head inside a crocodile's mouth to retrieve some money at Samutprakarn Crocodile Farm in Bangkok.

RICHARD JONES / SINOPIX/REX FEATURES

Photo of the day

The fearless teen slipped his head inside the croc's huge mouth, perilously near two rows of fearsome razor-sharp teeth. It was no mean feat, considering a crocodile's jaw is the strongest of any living animal, including the great white shark.

WEIRD NEWS

Drink your words

MORSKOIBOY.COM

If you ever wondered what words taste like, now you're in luck. Misha Volodin from St. Petersburg, Russia, a 30-year-old music-shop clerk by day, disc jockey Morskoiboy by night, spent his after-work hours building a contraption that mixes cocktails by typing on a keyboard.

Metro asked him how it works:

"Behind each of the letter keys is a syringe pump, filled with your choice of liquid. When you press a key, its letter lights up on the screen. But instead of using liquid crystals, as in other electronic displays, my machine's display functions via multicoloured syrups and liquids. Yes, this machine converts words into cocktails.

"Attached in the back of the keyboard, there are slots for the bottles with coloured beverages in them. There are 26 slots altogether, one for each letter of the Latin alphabet. When a syringe stem goes up, liquid is taken from the bottle connected to it. There are 136 tubules inside, equaling about 30 metres of tubes and pipes."

METRO WORLD NEWS

metro
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2 scene

Scene in brief

The Bluth family's frozen banana stand may be back in business. At an Arrested Development reunion Sunday at the New Yorker Festival, the creators and cast announced plans for a new TV show that spins off the short-lived but critically acclaimed TV show, which went off the air in 2006 after just three seasons. They also discussed more concrete plans for a much-awaited movie. Creator Mitchell Hurwitz said the spinoff will feature nine or 10 episodes focusing on each character and leading up to the movie. The first scene of the movie will be all the characters reunited.
The Fox show, which suffered low ratings despite its rabid fan base, starred Jason Bateman, Michael Cera and Portia de Rossi.
THE ASSOCIATED PRESS

Andy Rooney considers himself lucky as he ends weekly 60 Minutes run after 33 years.

A real horror show

FX set to premier American Horror Story ◐ Does this haunting homage have staying power?

HANDOUT

American Horror Story is a new twist on the time-honoured story of an unsuspecting family taking up in a haunted house.

Just when you needed it, the FX network is throwing American Horror Story at you.

To judge from its first two episodes, it's a robust diversion from the real-life droughts and hurricanes, joblessness and political stalemate that were already giving you the willies. It aspires to be The Shining-meets-Rosemary's Baby, with Carrie and Don't Look Now tossed in.

But more than a dead-on horror show, it's a homage to cinematic spookery. And a good one. In short, American Horror Story doesn't really scare you. It just gets in your head. The big unknown: Is it wily enough to stay there, week after week?

Alert: Spoilers coming up — which is another way of saying you might just as well apply the time you'd spend reading this to watching the premiere and then making up your own mind. You'll find it a memorable experience, at least.

From the fertile imaginations of Ryan Murphy and Brad Falchuk (Glee, Nip/Tuck), American Horror Story has a premise that is simple and time-honoured: A haunted house is occupied by a likable, remarkably unsuspecting family.

Ben Harmon (played by Dylan McDermott) is a Boston psychiatrist who has been caught cheating by his wife, Vivien (the wonderful Connie Britton of Friday Night Lights). She already was reeling from a late-term miscarriage. They need to make a fresh start. They and their teenage daughter, Violet (Taissa Farmiga) pull up stakes and head cross-country for Los Angeles.

FX comes to Canada

American Horror Story will air on FX Canada, which will launch on Nov. 1 as a digital service.

"This place is our second chance," Ben tells Vivien, whose forgiveness he desperately seeks — if for no other reason than because she hasn't slept with him for almost a year.

This place, the family's new homestead, is a looming "classic L.A. Victorian from the 1920s," according to the real-estate agent showing them around. But it seems more like a vestige of Monster Chiller Horror Theater, a domicile whose past residents have, of course, died gruesomely.

Sold!

If the elements of this horror story seem second-nature, they take the form of striking imagery that, at times, makes them as unsettling as they are familiar.

The house, restored from its previous ramshackle condition, retains disturbing artifacts upon which the Harmons will stumble. The house also comes with strange neighbours. Jessica Lange plays Constance, a busybody Southern belle with an even more intrusive daughter, Adelaide, who (like Jamie Brewer, portraying her) has Down syndrome.

With his practice set up in the family home, Dr. Harmon's ill-advised first client is a teen psychopath (Evan Peters), who bonds with the Harmons' troubled daughter after they meet in the bathroom, where she's cutting herself.

That's not all the weirdness in store. Did we mention Moira, the longtime housekeeper (played by Frances Conroy, past matriarch of Six Feet Under)? She's the sort of spectral figure who warns these new owners that the house "has a personality; feelings. Mistreat it and you'll regret it."

But Ben sees Moira another way. Spinsterish, middle-aged Moira appears to him as "Moira, Jr." (played by Alexandra Breckenridge), a sexy young temptress with a scanty French-maid outfit and a come-on look.

The premiere dumps a number of major questions on the audience, including the most fundamental: Why do the Harmons stick around in this crazy house?
THE ASSOCIATED PRESS

DVD Releases

Buy it ◍◍◍◍◍ | **Rent it** ◍◍◍◍ | **Borrow it** ◍◍◍ | **Yawn** ◍◍ | **Don't bother** ◍

Fast Five
Genre: Action
Director: Justin Lin
Stars: Vin Diesel, Paul Walker, Dwayne Johnson
◍◍

Fast Five, from director Justin Lin, is imbecilic, illogical and interminable. Oh yeah, it also has a negative side. That would be the lamentable decision to transform this testosterone-injected totem into just another heist series.

It's now a decade and four sequels past the flash of "B" movie brilliance that was the original film, The Fast and the Furious. Remember that one? It was just about the cars, stupid. This time out, with the action shifted to Rio de Janeiro, there are still hot cars, hotter women and

plenty of burnt rubber. The wheels have completely come off this once great idea. ◍ PETER HOWELL

Scream 4
Genre: Horror
Director: Wes Craven
Stars: Neve Campbell, Courteney Cox, David Arquette
◍◍

It has been 15 years since horrormeister Wes Craven and satiric scripter Kevin Williamson first teamed up to reinvent the slasher flick and produced the original Scream. It succeeded in spades by slicing and dicing the genre's clichés. Now comes Scream 4, which hits the mute button on this once-great notion. The sardonic laughs are mostly gone in this wheezing cash cow. The greatest shocks are the ones facing the now middle-aged main actors when they look in the mirror. ◍ PETER HOWELL

MATT CARR/GETTY IMAGES

▶ Seth Rogan

Funny People galore at Rogan's wedding

Seth Rogan celebrated the release of his new film, 50/50, by marrying his longtime girlfriend, writer Lauren Miller, at Kunde Estate in Sonoma, Calif., according to Us Weekly.

"The wedding was more laughs than anything else," a source says of the three-day celebration.

"Every other line was a joke and the crowd couldn't contain their laughter. It was nonstop fun!"

That's not surprising, given that the guest list included Judd Apatow and his wife, Leslie Mann, as well as Jonah Hill, Paul Rudd and the Office star Craig Robinson.

METRO

Justin and Jessica can't seem to stay apart

Exes Jessica Biel and Justin Timberlake continue to enjoy spending time together, heading to Las Vegas for a charity golf event Timberlake was taking part in, according to People magazine.

The pair, who split up earlier this year, also made time for dinner with six other friends at Mastro's Ocean Club, where they were spotted "sitting close together" during dinner and leaving together.

METRO

Martha does what with the door open?

Stewart's daughter releasing book that features some disturbing revelations about domestic diva

MARK VON HOLDEN/GETTY IMAGES

▶ Martha Stewart

Martha Stewart is getting the "Mommy Dearest" treatment from daughter Alexis Stewart in a new memoir, Whateverland: Learning to Live Here, which will be released later this month.

"Martha does everything better! You can't win!" Alexis writes in the book, according to the Daily Mail.

"If I didn't do something perfectly, I had to do it again. I grew up with a glue gun pointed at my head."

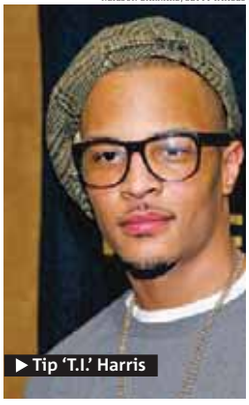
Alexis also makes some startling revelations about the domestic diva's hygiene, revealing that Martha "always peed with the door open," according to the book.

"I remember saying, 'You know, now I have friends over! You can't do that anymore! It's gotta stop! My friends' parents don't do it! Give me a break here! I don't feel like being embarrassed! It's exhausting! I'm a kid! Stop!'"

METRO

T.I. performs duet with Taylor Swift

NEILSON BARNARD/GETTY IMAGES



▶ Tip 'T.I.' Harris

Rapper T.I. has joined country star Taylor Swift in a surprise duet at her concert in Atlanta.

Toward the end of Swift's set on Sunday night, she introduced T.I. by singing the opening chorus of his hit song Live Your Life.

The packed house at Philips Arena screamed once he stepped onstage for the unannounced appearance and started to rap.

The two Grammy winners stood side-by-side as he rapped and she sang a vocal part originally handled by Rihanna.

Swift has featured guests ranging from Justin Bieber to Nicki Minaj onstage during her tour.

The Sunday show was a makeup performance for a postponed July show.

T.I. has made several appearances since his release from a halfway house last month following 10 months in federal prison on a probation violation.

THE ASSOCIATED PRESS

Celebrity tweets

@JessicaSimpson

What kind of music would y'all want from me on my next album? Thinking about going back to the studio

@oliviawilde

Auto-correct strikes again. My phone turns "fed" into "F'ed" which is awkward when telling my roommate I gave the dog his food.

@RealRonHoward

Bryce is directing up a storm Even preggers

@AlbertBrooks

Watching Michael Jackson trial. I say O.J. is guilty.

Hurley engaged to cricketer

With her divorce from Arun Nayar finalized in June, Elizabeth Hurley is ready for marriage again.

Elizabeth Hurley

The actress is now engaged to cricket player Shane Warne, the happy couple confirmed on Twitter.

"Shane Warne has confirmed his engagement to actress Elizabeth Hurley after proposing at the Alfred Dunhill Links Championship," a rep for the golf tournament said in a press release.

Hurley had recently been spotted sporting a massive sapphire ring, which is suspected to be her engagement ring.

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ISTOCK PHOTOS

▶ Drinking coffee on a regular basis can keep a smile on your face.

Java keeps you jovial

Harvard study shows coffee drinkers at lower risk of developing depression ◐ So, drink up

CELIA MILNE
LIFE@METRONEWS.CA

Go ahead, be happy. Have a cup of java.

A large study at Harvard set out to find whether drinking coffee was associated with depression, as previous studies had hinted. Results were surprising.

"Regular coffee drinkers have a lower risk of developing depression than non-coffee-drinkers," Dr. Albert Ascherio, professor of epidemiology and nutrition at Harvard University school of public health, told Metro.

Researchers analysed records for 50,739 women who participated in the Nurses' Health Study. None of these women had depression at the start of the study in 1996.

They were asked how much caffeine they consumed, and they were followed until 2006. In that time, there were 2,607 cases of depression.

They compared women who drank one cup of coffee or less per week to those who drank two to three cups per day, and found the latter had a 15 per cent decrease in risk for depression.

And those who drank a whopping four cups a day were at a 20 per cent decrease in risk.

The authors — not wanting women to start drinking copious amounts of coffee helter skelter —note that these results need to be duplicated in other studies.

"Because of its observational design, this study cannot prove that caffeine or caffeinated coffee reduce the risk of depression, but only suggest the possibility of such protective effect," says Ascherio.

What is healthy?

How much coffee is safe for you?

Numbers Health Canada suggests that healthy adults can drink up to three cups of coffee a day.

Trends

Contagion freak out

Steven Soderbergh's Contagion has everyone squirming and itching — and for good reason. The movie's deadly pandemic virus is being backed — not snubbed —by scientists at the CDCP (Centers for Disease Control and Prevention). It's modeled on a fatal South Asian infection, Nipah Virus, known to have migrated from animals to people.

METRO

Scientists shake it up in dance video for McGill cancer research centre. Scan this code to read the story and watch the video.

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

Family First-Aid Essentials Every year more than 3 million Canadians end up in an ER because of an injury, but many of those visits are unnecessary because the injuries may be minor. Writer Michelle Villett checked with leading experts to find out what the essentials are about some of the basic remedies for a family first-aid kit.

For minor cuts and scrapes: Try Polysporin, Bactroban or Ozonol. These topical ointments contain antibiotic ingredients and treat against minor infections.

For minor burns/sunburns: Try Aspirin, Advil, Aleve or Tylenol. Each have different active ingredients but all work by temporarily blocking the body's production of prostaglandins, which activate pain and fever.

For insect stings and minor skin irritations: Try Life Calamine Lotion with Antihistamine, Benadryl Itch Stopping Cream, Cortoderm Ointment. These relieve symptoms of local inflammation.

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The down side of a downward dog

How does one get through the most unpleasant moments that can kick off in yoga class? We look at what really icks and ticks you off at yoga

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

According to Devon Spencer-Smith, yoga instructor at the Rise Movement studio in Los Angeles, the best way to deal with an embarrassing incident during yoga class is to laugh it off. Nevertheless, sometimes you aren't in the mood for the whole soul-loving-searching thing.

Ohm or Um

Why it's an issue: Ohm can be a turn off. The humming rhythmic vibration generally leaves first timers either in a fit of giggles, choking or speechless.

"It's what helps you stay focused and aware of your breath," says David Kim, Yoga instructor at the Yoga Works studio in Los Angeles.

Solution: Most people lack self-awareness and are not aware they are too loud. Kim says the teacher should create an environment that minimizes those opportunities.

Unexpected noises

Why it's an issue: Passing wind in public is bad enough. It's even worse when it happens during a silent yoga class.

"If a student passes gas, ignore it or you risk to embarrass them," says Kim. "Some poses trigger the release of gas, especially twists and inversions that upset digestion."

Solution: Avoid eating two to three hours before a class. And relax. Sometimes the anxiety over trying not to fart makes it happen.

The IMN

Why it's an issue: You got there an hour early to secure the best mat spot—and then IMN (irritating mat neighbour) arrives five minutes into the class, puts their mat an inch from yours and blocks your entire view and wedging his toes in your face.

Solution: The teacher should lay down the law.

"It's only fair to have a 15-minute rule, after which the people aren't allowed in," says Kim of his students.

GETTY IMAGES

I'm calm and relaxed. But get off my mat.

Yoga no nos

Never do the following:

1. **Leave your cellphone on.** You know this. How come your neighbour doesn't?
2. **Skip savasana.** People come to yoga class with a gym-like focus. They want to leave once the 'workout' is over and skip the savasana meditation (lying on your back, palms up and eyes closed). This final relaxation pose is very important to restore the nervous system and calm your mind.
3. **Step on someone's mat.** You wouldn't walk on someone's towel at the beach so why would you step on their yoga mat? Only you know where your feet have been.

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is 10 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-75 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	☐	☐
I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐

Ottawa Psychopharmacology Clinic
Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

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GUM DISEASE: PREVENTING PERIO-POCKETS!

Have you ever been to your dentist office and perhaps listened while your dentist or a hygienist called out a series of numbers to someone else who would write those numbers down? Have you ever wondered exactly what they are doing?

What they are doing is called **"perio-probing"** and it is one of the most important functions your dentist office can provide during an examination. So if it is so important, you may be wondering what exactly is "perio-probing".

Perio-probing is a procedure whereby your dentist or hygienist will **measure the depths of the pockets around your gums and teeth.** S/he will place a specific dental instrument against the tooth and gently press it down to see how far or deep your pockets are.

Ideally, **the healthier the gums, the smaller the pocket depth will be.** The optimal situation would have pockets **no deeper than 2 millimetres.** This is a sign that your gums are snug to your teeth providing good support and less room for bacteria to build up below the gumline.

At 4 or 5 millimetres, your dentist may recommend that you return for more frequently than twice per year, which is normal for someone in good dental health. The reason for the more frequent visits is simple. **The larger the pockets, the easier it is for plaque and bacteria to build up below the gum line.**

Dr. Martin LaBoissonniere
Dental Surgeon

When that happens, you could be dealing with a situation where the health of your gums continues to deteriorate. The longer the bacteria are allowed to remain, the more damage it will do to the gum tissue. **Visiting your dentist more frequently to remove this build-up will provide better protection for your gums.**

If gum disease is allowed to progress, more and more of the tooth and the underlying root, ligaments and jaw bone exposed to greater levels of bacteria. When the bacteria gains even easier access to those areas, **the amount of damage it can do will increase.**

As it attacks these structures which support the teeth in place, their hold on your teeth will become weaker. Gradually, the teeth will become loose until they **ultimately fall out or need to be removed.**

And it might interest you to know that this is not a rare occurrence. **Gum disease is the number one cause of tooth loss in adults over 25 years.**

In addition to increasing the frequency of your dental visits, improved oral health care practices at home may be necessary. Your dentist can provide you with some tips on this front. **Regular brushing and flossing** are vital to ensuring healthy gums. And having healthy gums is a healthy habit…and healthy habits lead to healthy lives.

Dr. Martin LaBoissonniere
- Dental Surgeon

Grocery store salad face-off

Sometimes, sitting down for lunch is out of the question That's where salad options from grocery stores come in Which one offers the best choice?

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA

Grocery stores are offering the work crowd a variety of lunch options.

I decided to strike out and find the tastiest salad available at a grocery store. In my salad bowl, I like bitter, fresh greens, sweet fruit and good cheese or nuts.

The salad from Sobey's was fresh, and the strawberries were ripe. But the sliced almonds weren't chunky enough to give each bite the nuttiness it required.

Metro's spinach salad came with a generous handful of walnut pieces and firm cherry tomatoes. The dried cranberries and fresh blueberries attempted to make up for the lackluster strawberries.

The salad at Farm Boy was filled with spinach, dried cranberries, honeyed pecans and blue cheese.

Though I'm not a fan of stinky cheese, the combination of the raspberry vinaigrette and the sweet pecans with bitter spinach was a moan-inducing mix of flavours.

For the most delicious salad — and at the best price — Farm Boy won this salad bowl competition, hands down.

SHARI GOODMAN

From left: Sobey's Strawberry Almond Salad ($5.70), Farm Boy Cranberry Spinach Salad ($4.64), Metro Spinach Fruit Salad ($5.64).

NEWS CANADA

Turkey, Apple & Cheddar Hand Pies

Preparation:

1. In bowl, combine turkey, apple, cheddar, green onion and parsley. Divide mix over four tart shells. Brush tart edges with egg and top with remaining shells. Brush with egg and sprinkle with coarse salt. Using tip of knife, make ventilation slits in the top of each.
2. Bake at 400°F (200°C) until pastry is golden and filling is hot and bubbling, about 35 minutes. Let cool for 5 minutes before serving. **NEWS CANADA**

Ingredients:

- 2 cups (500 mL) shredded, cooked turkey
- 1 apple (peeled, grated)
- 1/2 cup (125 mL) grated sharp cheddar
- 1 green onion, sliced
- 1/4 cup (50 mL) chopped parsley
- 16 3–inch (7.5cm) frozen tart shells, thawed
- 1 egg, lightly beaten
- 1/2 tsp (2 mL) coarse salt

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Plantains in cooking spotlight

Fruit resembles bananas but tastes more like tuber Try it in Brazilian Chicken and Plantain Moqueca

They're sold by the bananas, but they probably belong closer to the potatoes. While plantains may resemble bananas, they taste and cook more like a tuber.

In this one-pot dinner from Brazil, simmered plantains make a base to a chicken curry. They also thicken the sauce.

Preparation:

1. Place chicken in 5- to 6-l Dutch oven. Sprinkle with salt, pepper and 30 ml (2 tbsp) of oil. Stir to coat, then cover and set aside for 10 minutes.
2. Set Dutch oven over medium-high heat. Sauté chicken until lightly browned, 8 minutes. Use slotted spoon to transfer chicken to a bowl. Cover; set aside.
3. Return Dutch oven to heat; add onion and bell peppers. Sauté until softened, about 4 mins. Add garlic, grated ginger and jalapenos, sauté 1 min. Return chicken to pot, add broth, coconut milk, tomato paste, bay leaves.
4. Bring mix to boil and cook, uncovered, for 5 mins. Add plantains and cook, uncovered, for 15 mins or until plantains are soft but not mushy.
5. To serve, remove and discard bay leaves, season with salt and pepper, then sprinkle with chopped cilantro.

THE ASSOCIATED PRESS

Ingredients:

- 1 kg (2 lb) boneless, skinless chicken breasts, chunks
- Salt and black pepper
- 45 ml (3 tbsp) olive oil
- 1 yellow onion, diced
- 2 green bell peppers, cored and cut into chunks
- 4 cloves garlic, minced
- 15 ml (1 tbsp) ginger
- 15 ml (1 tbsp) minced jarred jalapeno slices
- 500 ml (2 cups) chicken broth
- 1 can (426 ml/15 oz) coconut milk
- 50 ml (1/4 cup) tomato paste
- 2 bay leaves
- 3 ripe plantains, peeled and cut into 2.5-cm (1-inch) chunks
- 30 ml (2 tbsp) cilantro

A PROBLEM THAT HAS TROUBLED COUPLES FOR AGES

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

I'm always arguing with my wife about the remote control in our bedroom. What side of the bed should it stay on and who has control of the channel we are watching?

This problem is in the bedrooms of most Canadians!

I have dealt with this exact issue in the homes of my clients.

The answer is simple — buy two remotes with your TV. Generic remotes from your local hardware or department store are often available.

But now who gets to pick the TV program?

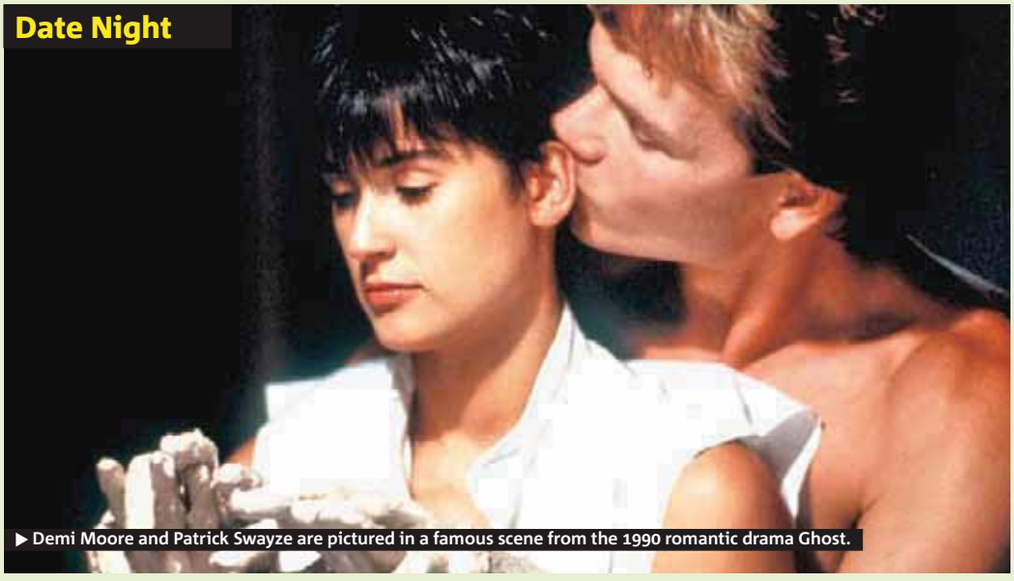
Butlers are wise people but this is a couples problem that only the two of you can resolve.

I would suggest negotiating and playing United Nations in your bedroom. Taking turns every other show or every other day is your choice.

Remember, the nicer you are to your wife, the nicer she will be with you!

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

Date Night



▶ Demi Moore and Patrick Swayze are pictured in a famous scene from the 1990 romantic drama Ghost.

Ideas for your next date

1 Channel your inner artiste
Create your own Patrick Swayze/Demi Moore moment and craft your own piece of pottery. Skip the messy wet clay by visiting a paint-your-own ceramic studio. Don't forget to sign your piece of "art" for an instant family heirloom.

2 Take a staycation!
Act like a tourist in your own town and hop on a city bus tour. (Note: A couple of cocktails before boarding will make any tour more interesting!)

GO TO 2FORCOUPLES.COM FOR MORE DATE NIGHT IDEAS

ADVERTISING FEATURE

RECYCLE FROG (613) 695-1236

Selling old gold and silver jewelry? The bad. The ugly. The good.

Skyrocketing gold and silver prices has many consumers wondering how much their old or broken gold jewelry is worth.

The question you should be asking yourself is: where do you go to ensure you receive a fair offer? There are plenty of options but which ones pass the common msense test?

Option #1: New companies. Inflated promises. False advertising.

Anyone can post really high payout prices. There are no laws to protect unsuspecting consumers from misleading ads that promise to pay outrageous and unrealistic prices.

They use them to lure people in, then adjust weights, inaccurately evaluate material (eg. say something is 10kt when it's actually 14kt). The bottom line, people end up with less money in their pocket, not more.

Option #2: Mail away your gold. Hope for the best.

Most consumers feel uneasy about mailing their jewellery to one of the many flashy "Cash for Gold" type companies seen

on TV. The truth is, several of these companies have received harsh criticism from consumer advocacy groups because of their notoriously shady sales tactics and low payouts.

So, if those ads featuring cash waving "customers" send a chill down your spine, it's for good reason.

Option #3: Recycle Frog, you be the judge.

Recycle Frog is an Ottawa-based precious metals recycling company that has built its business by serving today's more prudent middle and upper-middle-class consumer. Comprised primarily of ex-Royal Canadian Mint employees, Recycle Frog's payout rates are published, and consistently rank among the highest in the industry.

One-on-one evaluations are conducted at their many convenient public events or are pre-scheduled at their World Exchange Plaza location. They're a trusted fundraising partner to various charitable organizations including the United Way, CHEO, Christmas Exchange and The Canadian Cancer Society.

Get a competitive, haggle-free offer for your old gold and silver by simply calling Recycle Frog at 613-695-1236 or visit their website at www.recyclefrog.com for more information.

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FEELING HOUSE POOR?

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Are your home expenses gobbling up all your money?

Home poverty happens when there's decreased household income, typically from unforeseen unemployment or reduced salary. Other times, people overbuy, thinking that an extra $30,000 wouldn't make much difference or perhaps a person signed up for an overly aggressive payment plan.

Home poverty is stressful because there's little money left over for other things like RRSP contributions, home maintenance, car repairs and vacations. It's also cited as one of the leading causes of spousal spats. The key to getting out of home poverty is increasing your cash flow. To do that, you either need to make more money or cut back on your expenses.

To make more; ask for a raise, work overtime, get a second job, open a small business or do some consulting. Don't forget to apply for all applicable government support and tax breaks (cra.gc.ca).

Making more money takes time, so focus on cutting expenses immediately.

If you're in major financial trouble, you need to make major adjustments. Consider selling your home and buying a more affordable one. Rent out rooms or investigate the legal requirements to transition your basement into a rental unit. If you've got two cars, sell one and share the other with your partner. Or, if you're close to mass transit, get rid of your car. If you've signed up for a luxury vacation, cancel it. If you've got Junior in private school, put him in the public system.

Beware Black October

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Ghosts and goblins and stock market bears — oh my! Investors should be aware of October's dark forces.

It isn't the worst month historically for the stock market (that honour belongs to September), but it is the month of the most memorable stock market drops (see the table below).

One October market stumble that didn't make the list is what is sometimes referred to as the Asian Flu of 1997, which pulled the market into a crevasse on October 27th, 1997.

It was a stomach churning 508 point, one-day drop of over seven per cent.

Another market crash is the dot-com collapse between early 2000 and late 2002.

The overall market decline didn't match that of the previous Black Octobers, but the technology laden NASDAQ was hammered, losing nearly 80 percent over 20 months.

By the time the lengthy technology unwinding officially ended early in October, countless portfolios had been shattered by Nortel, JDS Uniphase, Cisco, WorldCom and on and on.

Another October that doesn't rank in the top eight in terms of declines was in 2007. But it fits with other deadly Octobers since that month was the beginning of the U.S. real estate bubble popping.

Pulled down by the housing implosion, the S&P 500 dropped steadily before it came to rest at bottom in March 2009.

What lessons can we learn from the past? There's one that pops to mind.

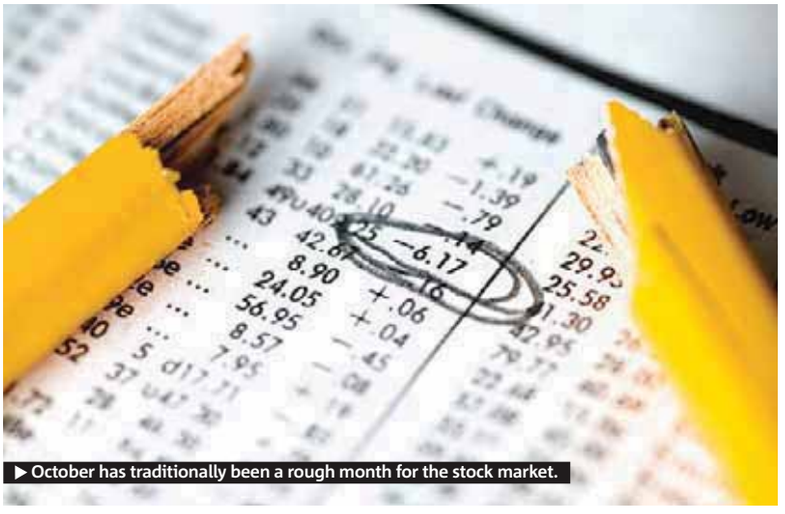
Dollar cost averaging is your best friend. This is the practice of buying regularly over time rather than in lump sums here and there.

Don't guess which way the market is going. Don't try to time the market and jump in and out of investments.

If you are happy with the quality of your investments (stocks, exchange traded funds, mutual funds or bonds) then buy them regularly over time and you will smooth out the impact of all those nasty Octobers.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

ISTOCK



▶ October has traditionally been a rough month for the stock market.

Dark days, indeed

Here are eight memorable stop market drops that top the list for the Dow Jones Industrial Average in the season of the pumpkin.

- **October 1987:** -21%
- **October 1929:** -20%
- **October 1907:** -15%
- **October 2008:** -14%
- **October 1932:** -13%
- **October 1917:** -11%
- **October 1937:** -11%
- **October 1930:** -10%

*All figures rounded

October is often brutal on the stock market but you can protect yourself with smart investing practices.

-ALISON'S MONEY RULE

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS
in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at
Metronews.ca/YourMoney

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Senior Investment Advisor – DundeeWealth

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If today's talks fail, NBA may have to cut games

After a lockout that has lasted more than three months, whether the NBA season starts on time could come down to one "very huge day" in labour talks.

Owners and players will be back for a bargaining session in New York City today, knowing if they fail to produce results, there may not be enough time left to avoid cancelling regular-season games.

"A lot of signs point to tomorrow being a very huge day," players' association president Derek Fisher of the Lakers said. "There will be a lot of pressure on all of us in the room, and we'll accept that responsibility and go in and see what we can get worked out."

The sides met in small groups for about five hours yesterday, a session that deputy commissioner Adam Silver said was mainly about "setting the table" for today. While careful not to put too much pressure on today's talks, he and commissioner David Stern made clear there had to be signs of compromise.

"We both understand that if we don't make our best offers in the next few days, we're going to be at the point where we're going to be causing damage to the game, to ourselves, and they're going to be out paycheques," Silver said.

The league locked out players on July 1. Seeking significant changes after saying they lost $300 million US last season, owners want a new salary cap structure and are seeking to reduce the players' guarantee of basketball revenues from 57 per cent, to perhaps 50 per cent or below. THE ASSOCIATED PRESS

Camp is closed

The NBA regular season is scheduled to open Nov. 1.

- Players would have reported to training camps yesterday, but those were postponed and 43 pre-season games scheduled for Oct. 9-15 were cancelled last month.

MIKE EHRMANN/GETTY IMAGES

▶ Texas catcher Mike Napoli, right, appeals to an umpire on a check swing from Tampa Bay's Ben Zobrist last night in St. Petersburg, Fla.

ALDS pointed back in Rangers' favour

Rays' lefty Price drops to 0-6 lifetime against Texas in nine career starts

David Price's late-season swoon carried over into October.

The all-star took a shutout into the seventh inning, then coughed up a slim lead as the Texas Rangers rallied for four runs to beat Price and the Tampa Bay Rays 4-3 last night in Game 3 of their AL division series.

Rookie outfielder Desmond Jennings hit two solo homers for the Rays, who trail 2-1 in the best-of-five matchup. Game 4 is today at Tropicana Field.

Price was winless in six starts last month. He has never beaten the Rangers, including a pair of losses when Texas defeated Tampa Bay in last year's ALDS.

RANGERS	RAYS
4	3

Mike Napoli had the Rangers' first hit with a runner in scoring position — on the sixth opportunity in the game — count by hitting a two-run homer off Price during a four-run seventh.

Price left later in the seventh after giving up a two-out single to Craig Gentry. After Brandon Gomes walked two in a row to load the bases, Josh Hamilton made it 4-1 with a two-run single off J.P. Howell.

Texas failed in three tries to get a hit with a runner on second through two. Price also came up big in the sixth by retiring Hamilton and Michael Young on consecutive grounders to work out of a two-on, one-out jam.

Pinch-hitter Sean Rodriguez pulled Tampa Bay to 4-2 with a bases-loaded RBI in the seventh. Alexi Ogando then got a two-out grounder from pinch-hitter Sam Fuld with runners on second and third.

Jennings' second homer of the game, off Mike Adams, cut the deficit to 4-3 in the eighth.

The Rays had one hit in eight tries with runners in scoring position last night. THE ASSOCIATED PRESS

ESPN not ready for some Hitler analogies

ESPN pulled Hank Williams Jr.'s classic intro song from its broadcast of last night's NFL game after the country singer famous for the line "Are you ready for some football?" used an analogy to Adolf Hitler in discussing President Barack Obama.

In an interview yesterday morning on Fox News' Fox & Friends, Williams said of Obama's outing on the links with House Speaker John Boehner: "It'd be like Hitler playing golf with (Israeli Prime Minister Benjamin) Netanyahu."

Asked to clarify, Williams said: "They're the enemy," adding that by "they" he meant Obama and Vice-President Joe Biden.

"While Hank Williams Jr. is not an ESPN employee, we recognize that he is closely linked to our company through the open to Monday Night Football," ESPN said in a statement. "We are extremely disappointed with his comments, and as a result we have decided to pull the open from (last night's) telecast." THE ASSOCIATED PRESS

RICK DIAMOND/GETTY IMAGES FOR CMT

▶ Hank Williams Jr.

4 sports

Quoted

"We played good in the second half to come back and steal it. We have to play better in the first half, we know that. We have to come out and improve next week."

DETROIT LIONS QUARTERBACK MATTHEW STAFFORD YESTERDAY. DETROIT DUG A 27-3 HOLE AT DALLAS AND CAME BACK TO WIN 34-30 SUNDAY, A WEEK AFTER FALLING BEHIND MINNESOTA 20-0 AND WINNING 26-23 IN OVERTIME. THE 4-0 LIONS ARE THE FIRST TEAM IN NFL HISTORY TO RALLY FROM TWO-STRAIGHT 20-PLUS POINT DEFICITS FOR VICTORIES ACCORDING TO STATS, LLC.

Scan code for more sports news.

MAJOR LEAGUE BASEBALL

PLAYOFFS

DIVISION SERIES

All Times Eastern
(Best-of-5)

AMERICAN LEAGUE

N.Y. YANKEES (E) VS. DETROIT (C)
(Series tied 1-1)
Last night's result
N.Y. Yankees at Detroit
Sunday's result
Detroit 5 N.Y. Yankees 3
Tonight's game
N.Y. Yankees (Burnett 11-11 or Hughes 5-5) at Detroit (Porcello 14-9), 8:37 p.m.
Thursday's game
x-Detroit at N.Y. Yankees, 8:07 or 8:37 p.m.
TEXAS (W) VS. TAMPA BAY (WC)
(Texas leads series 2-1)
Yesterday's result
Texas 4 Tampa Bay 3
Tonight's game
Texas (Harrison 14-9) at Tampa Bay (Hellickson 13-10), 2:07 p.m.
Thursday's game
x-Tampa Bay at Texas, 5:07 or 8:07 p.m.

NATIONAL LEAGUE

PHILADELPHIA (E) VS. ST. LOUIS (WC)
(Series tied 1-1)
Sunday's result
St. Louis 5 Philadelphia 4
Today's game
Philadelphia (Hamels 14-9) at St. Louis (Garcia 13-7), 5:07 p.m.
Tomorrow's game
Philadelphia at St. Louis, 6:07 or 8:07 p.m.
Friday's game
x-St. Louis at Philadelphia, 8:07 or 8:37 p.m.
MILWAUKEE (C) VS. ARIZONA (W)
(Milwaukee leads series 2-0)
Sunday's result
Milwaukee 9 Arizona 4
Tonight's game
Milwaukee (Marcum 13-7) at Arizona (Collmenter 10-10), 9:37 p.m.
Tomorrow's game
x-Milwaukee at Arizona, 8:07 or 9:37 p.m.
Friday's game
x-Arizona at Milwaukee, 5:07 or 8:07 p.m.
x — if necessary.

CALENDAR

Oct. 19 — World Series begins, city of NL champion.
October-November — Free agent period to sign exclusively with former teams, first five days after World Series ends.
Nov. 14-15 — General managers' meetings, Milwaukee.
Nov. 15-16 — Owners' meetings, Milwaukee.
Nov. 23 — Last day for teams to offer salary arbitration to their former players who became free agents.
Dec. 5-8 — Winter meetings, Dallas.
Dec. 7 — Last day for free agents offered salary arbitration to accept the offers.
Dec. 11 — Collective bargaining agreement expires.
Dec. 12 — Last day for teams to offer 2012 contracts to unsigned players.
2012
Jan. 5-15 — Salary arbitrating filing.
Jan. 18 — Exchange of salary arbitration figures.

RANGERS 4, RAYS 3

Texas	ab	r	h	bi	Tampa Bay	ab	r	h	bi
Kinsler 2b	4	1	1	0	Jnnngs lf	4	2	2	2
Andrus ss	4	0	2	0	BUpton cf	2	0	0	0
JHmltn lf	4	0	1	2	Longori 3b	3	0	0	0
MiYong dh	4	0	0	0	Joyce rf	3	0	0	0
ABeltre 3b	4	1	1	0	Damon dh	4	1	1	0
Napoli c	3	1	2	2	Zobrist 2b	4	0	1	0
N.Cruz rf	4	0	0	0	Ktchm 1b	4	0	1	0
Morlnd 1b	4	0	0	0	Jaso c	2	0	0	0
Gentry cf	3	1	2	0	SRdrgz ph-ss	2	0	1	1
Brignc ss	1	0	0	0					
Fuld ph	1	0	0	0					
Shppch c	1	0	0	0					
Totals	**34**	**4**	**9**	**4**	**Totals**	**31**	**3**	**6**	**3**

Texas	**000**	**000**	**400**	**4**
Tampa Bay	**000**	**100**	**110**	**3**

DP—Texas 1. LOB—Texas 7, Tampa Bay 6. 2B—Kinsler (2). HR—Napoli (1), Jennings 2 (2). SB—Kinsler (1), Napoli (1), Gentry 2 (2), B.Upton (1). CS—Gentry (1), B.Upton (2).

Texas	IP	H	R	ER	BB	SO
C.Lewis W,1-0	6	1	1	1	2	6
D.Oliver H,2	1-3	3	1	1	0	0
Ogando H,2	2-3	0	0	0	0	0
M.Adams H,2	1-3	1	1	1	3	0
M.Gonzalez H,1	1-3	0	0	0	0	1
Feliz S,2-2	1 1-3	1	0	0	0	1
Tampa Bay						
Price L,0-1	6 2-3	7	3	3	1	3
B.Gomes	0	0	1	1	2	0
Howell	0	1	0	0	0	0
J.Cruz	1 1-3	0	0	0	1	1
Jo.Peralta	1	1	0	0	0	0

T—3:51. A—32,828 (34,078) at Tampa, Fla.

SUNDAY

CARDINALS 5, PHILLIES 4

St. Louis	ab	r	h	bi	Philadelphia	ab	r	h	bi
Furcal ss	5	0	2	1	Rollins ss	4	2	3	0
Craig rf	4	1	1	0	Utley 2b	1	1	0	0
MBggs p	0	0	0	0	Pence rf	3	1	1	1
Rhodes p	0	0	0	0	Howard 1b	4	0	1	2
Motte p	0	0	0	0	Victorn cf	4	0	0	0
Pujols 1b	5	0	2	1	Ibanez lf	4	0	1	1
Brkmn lf	4	1	1	0	Polanc 3b	4	0	0	0
Freese 3b	4	0	1	0	Ruiz c	4	0	0	0
Rzpczy p	0	0	0	0	Cl.Lee p	2	0	0	0
Chamrs rf	1	0	0	0	Lidge p	0	0	0	0
YMolin c	3	1	1	0	Gload ph	0	0	0	0
Theriot 2b	4	2	2	1	BFrncs ph	1	0	0	0
Jay cf	3	0	2	2	Bastrd p	0	0	0	0
Crpntr p	1	0	0	0	Worley p	0	0	0	0
Punto ph	1	0	0	0	Madson p	0	0	0	0
Salas p	0	0	0	0					
Schmkr ph	1	0	1	0					
Dotel p	0	0	0	0					
Descals 3b	0	0	0	0					
Totals	**36**	**5**	**13**	**5**	**Totals**	**31**	**4**	**6**	**4**

St. Louis	**000**	**301**	**100**	**5**
Philadelphia	**310**	**000**	**000**	**4**

DP—St. Louis 1, Philadelphia 2. LOB—St. Louis 9, Philadelphia 4. 2B—Freese (1), Theriot 2 (2), Rollins 2 (2). 3B—Furcal (1), Craig (1). SB—Rollins (1). CS—Pujols (1), Rollins (1). S—Descalso.

St. Louis	IP	H	R	ER	BB	SO
C.Carpenter	3	5	4	4	3	2
Salas	2	0	0	0	0	2
Dotel W,1-0	1 1-3	0	0	0	0	2
Rzepczynski H,1	2-3	1	0	0	0	0
M.Boggs H,1	1-3	0	0	0	0	0
Rhodes H,1	1-3	0	0	0	0	1
Motte S,1-1	1 1-3	0	0	0	0	1
Philadelphia						
Cl.Lee L,0-1	6	12	5	5	2	9
Lidge	1	0	0	0	1	0
Bastardo	2-3	0	0	0	1	1
Worley	1-3	0	0	0	0	0
Madson	1	1	0	0	0	2

T—3:22. A—46,575 (43,651) at Philadelphia.

NFL

WEEK FOUR

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Buffalo	3	1	0	.750	133	96
New England	3	1	0	.750	135	98
N.Y. Jets	2	2	0	.500	100	95
Miami	0	4	0	.000	69	104

SOUTH

	W	L	T	Pct	PF	PA
Houston	3	1	0	.750	107	70
Tennessee	3	1	0	.750	88	56
Jacksonville	1	3	0	.250	39	85
Indianapolis	0	3	0	.000	46	84

NORTH

	W	L	T	Pct	PF	PA
Baltimore	3	1	0	.750	119	57
Cincinnati	2	2	0	.500	80	74
Cleveland	2	2	0	.500	74	93
Pittsburgh	2	2	0	.500	64	72

WEST

	W	L	T	Pct	PF	PA
San Diego	3	1	0	.750	91	85
Oakland	2	2	0	.500	111	113
Denver	1	3	0	.250	81	111
Kansas City	1	3	0	.250	49	126

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Washington	3	1	0	.750	83	63
N.Y. Giants	3	1	0	.750	102	87
Dallas	2	2	0	.500	99	101
Philadelphia	1	3	0	.250	101	101

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	3	1	0	.750	127	98
Tampa Bay	2	1	0	.667	60	60
Atlanta	2	2	0	.500	90	105
Carolina	1	3	0	.250	89	102

NORTH

	W	L	T	Pct	PF	PA
Green Bay	4	0	0	1.000	148	97
Detroit	4	0	0	1.000	135	76
Chicago	2	2	0	.500	94	98
Minnesota	0	4	0	.000	77	96

WEST

	W	L	T	Pct	PF	PA
San Francisco	3	1	0	.750	94	75
Seattle	1	3	0	.250	58	97
Arizona	1	3	0	.250	86	87
St. Louis	0	4	0	.000	46	113

Last night's result
Indianapolis at Tampa Bay
Sunday's results
Atlanta 30 Seattle 28
Baltimore 34 N.Y. Jets 17
Chicago 34 Carolina 29
Cincinnati 23 Buffalo 20
Detroit 34 Dallas 30
Green Bay 49 Denver 23
Houston 17 Pittsburgh 10
Kansas City 22 Minnesota 17
New England 31 Oakland 19
New Orleans 23 Jacksonville 10
N.Y. Giants 31 Arizona 27
San Diego 26 Miami 16
San Francisco 24 Philadelphia 23
Tennessee 31 Cleveland 13
Washington 17 St. Louis 10

CFL

WEEK 15

All Times Eastern

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	13	8	5	0	406	323	16
Winnipeg	13	8	5	0	317	309	16
Hamilton	13	7	6	0	378	356	14
Toronto	13	3	10	0	263	371	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	13	8	5	0	364	348	16
B.C.	13	7	6	0	367	273	14
Edmonton	13	7	6	0	312	317	14
Saskatchewan	13	4	9	0	275	385	8

Friday, Oct. 7
Winnipeg at Hamilton, 7:30 p.m.
Saturday, Oct. 8
Calgary at B.C., 10 p.m.
Monday, Oct. 10
Toronto at Montreal, 1 p.m.
Saskatchewan at Edmonton, 4:30 p.m.

SCORING LEADERS

(x — scored two-point convert):

	TD	C	FG	S	Pts
Whyte, Mtl	0	41	33	10	150
Medlock, Ham	0	39	33	4	142
McCallum, BC	0	35	33	5	139
Palardy, Wpg	0	27	30	4	121
Paredes, Cal	0	33	24	5	110
Prefontaine, Tor	0	19	25	5	99
Duval, Edm	0	17	14	15	74
Richardson, Mtl	10	0	0	0	60
Schiavone, Edm	0	9	13	2	50
Cobourne, Ham	8	0	0	0	48
T.Edwards, Wpg	8	0	0	0	48
Getzlaf, Sask	8	0	0	0	48
Milo, Sask	0	19	9	1	47
E.Johnson, Sask	0	11	10	5	46
Q.Porter, Ham	7	0	0	0	42
Stala, Ham	7	0	0	0	42
Whitaker, Mtl	7	0	0	0	42
Brown, BC	6	0	0	0	36
Cornish, Cal	6	0	0	0	36
Diedrick, Mtl	6	0	0	0	36
Dressler, Sask	6	0	0	0	36
Foster, BC	6	0	0	0	36
Simon, BC	6	0	0	0	36
Stamps, Edm	6	0	0	0	36
C.Williams, Ham	6	0	0	0	36
Bratton, Mtl	5	0	0	0	30
Bruce, Ham-BC	5	0	0	0	30
Bryant, Cal	5	0	0	0	30
Joseph, Edm	5	0	0	0	30
Kackert, Tor	5	0	0	0	30
x-Messam, Edm	4	2	0	0	26

NHL

PRE-SEASON

Yesterday's result
At Zug, Switzerland
EV Zug 8 N.Y. Rangers 4
Sunday's results
Detroit 3 Pittsburgh 2
Washington 4 Chicago 1
At Bratislava, Slovakia
N.Y. Rangers 4 HC Slovan 1
Today's games
All Times Eastern
Anaheim vs. Jokerit (at Helsinki), 12 p.m.
Los Angeles vs. Hamburg (at Hamburg, Germany), 1 p.m.
Buffalo vs. Adler Mannheim (at Mannheim, Germany), 1:30 p.m.
END OF 2011 NHL PRE-SEASON

TENNIS

ATP-WTA CHINA OPEN

At Beijing
MEN
Singles — First Round
Kevin Anderson, South Africa, def. Andy Roddick (6), U.S., 6-4, 7-5.
Marin Cilic, Croatia, def. Wu Di, China, 6-2, 6-0.
Feliciano Lopez, Spain, def. Marsel Ilhan, Turkey, 6-2, 7-6 (6).
Fernando Verdasco, Spain, def. Michael Llodra, France, 6-2, 6-4.
Florian Mayer, Germany, def. Albert Ramos, Spain, 6-2, 6-4.
Flavio Cipolla, Italy, def. Alexandr Dolgopolov, Ukraine, 6-1, 1-6, 6-0.
Doubles — First Round
Tomas Berdych, Czech Republic, and Florian Mayer, Germany, def. Mariusz Fyrstenberg and Marcin Matkowski, Poland, 7-5, 6-3.
WOMEN
Singles — First Round
Caroline Wozniacki (1), Denmark, def. Lucie Hradecka, Czech Republic, 3-6, 6-0, 7-5.
Zheng Jie, China, def. Alberta Brianti, Italy, 4-6, 6-1, 7-5.
Maria Kirilenko, Russia, def. Julia Goerges, Germany, 7-6 (9), 6-3.
Klara Zakopalova, Czech Republic, def. Nadia Petrova, Russia, 6-3, 6-7 (3), 6-1.
Virginie Razzano, France, def. Gisela Dulko, Argentina, 6-2, 6-3.
Flavia Pennetta, Italy, def. Peng Shuai, China, 7-6 (6), 7-5.
Second Round
Sofia Arvidsson, Sweden, def. Petra Kvitova (5), Czech Republic, 7-6 (8), 4-6, 6-3.
Dominika Cibulkova, Slovakia, def. Francesca Schiavone (7), Italy, 6-2, 6-2.
Ana Ivanovic, Serbia, def. Svetlana Kuznetsova (16), Russia, 6-2, 6-3.
Tamira Paszek, Austria, def. Petra Cetkovska, Czech Republic, 1-6, 6-4, 6-2.
Doubles — First Round
Victoria Azarenka, Belarus, and Maria Kirilenko (5), Russia, def. Monica Niculescu, Romania, and Anastasia Rodionova, Australia, 7-5, 7-6 (3).
Iveta Benesova and Barbora Zahlavova Strycova (6), Czech Republic, def. Sabine Lisicki, Germany, and Sam Stosur, Australia, 7-6 (4), 4-6, 10-7 (tiebreak).
Daniela Hantuchova, Slovakia, and Agnieszka Radwanska (8), Poland, def. Chuang Chia-jung, Taiwan, and Olga Govortsova, Belarus, 7-6 (5), 6-1.
Anabel Medina Garrigues, Spain, and Anastasia Pavlyuchenkova, Russia, def. Nuria Llagostera Vives and Arantxa Parra Santonja, Spain, 7-6 (3), 7-5.
Raquel Kops-Jones and Abigail Spears, U.S., def. Eleni Daniilidou, Greece, and Mariya Koryttseva, Ukraine, 6-2, 7-5.
Hsieh Su-wei, Taiwan, and Galina Voskoboeva, Kazakhstan, def. Vera Dushevina, Russia, and Shahar Peer, Israel, 6-4, 6-3.

ATP RAKUTEN JAPAN OPEN

At Tokyo
Singles — First Round
Mardy Fish (4), U.S., def. Ryan Harrison, United States, 6-4, 3-6, 7-5.
Radek Stepanek (7), Czech Republic. def. Somdev Devvarman, India, 6-4, 6-3.
Matthew Ebden, Australia def. Pablo Andujar, Spain, 6-7 (4), 6-4, 6-4.
Marco Chiudinelli, Switzerland, def. Guillermo Garcia-Lopez, Spain, 6-1, 4-6, 6-4.
Doubles — First Round
Tatsumi Ito and Kei Nishikori, Japan, def. Christopher Kas, Germany, and Alexander Peya (3), Austria, 4-6, 6-4, 10-4 (tiebreak).
Robin Haase, Netherlands, and Viktor Troicki, Serbia, def. Alex Bogomolov, Jr., U.S., and Juan Monaco, Argentina, 6-7 (4), 6-4, 10-5 (tiebreak).

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	32	11	9	12	47	40	45
Philadelphia	31	10	7	14	41	34	44
Columbus	32	12	12	8	38	41	44
Houston	32	10	9	13	40	40	43
New York	31	8	7	16	47	42	40
D.C. United	30	9	10	11	46	46	38
Chicago	31	7	8	16	40	40	37
Toronto	32	6	13	13	33	56	31
New England	31	5	14	12	35	51	27

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	31	18	3	10	46	23	64
x-Seattle	31	16	6	9	51	33	57
x-Real Salt Lake	31	15	10	6	43	32	51
Dallas	31	13	11	7	36	34	46
Colorado	32	11	9	12	42	40	45
Portland	31	11	13	7	38	44	40
Chivas USA	32	8	12	12	40	39	35
San Jose	31	6	11	14	33	40	32
Vancouver	30	4	16	10	29	50	22

x — Clinched playoff berth.
Note: Three points for a win, one for a tie.
Sunday's results
Portland 1 Vancouver 0
Columbus 2 D.C. United 1
Philadelphia 1 Chivas USA 1
Tonight's game
All Times Eastern
Los Angeles at New York, 8 p.m.
Thursday's game
Real Salt Lake at Vancouver, 9:30 p.m.

ENGLAND

PREMIER LEAGUE

Team	GP	W	D	L	GF	GA	Pts
Man United	7	6	1	0	24	5	19
Man City	7	6	1	0	23	5	19
Chelsea	7	5	1	1	17	8	16
Newcastle	7	4	3	0	9	4	15
Liverpool	7	4	1	2	10	8	13
Tottenham	6	4	0	2	11	10	12
Aston Villa	7	2	5	0	9	5	11
Stoke	7	2	3	2	4	8	9
Norwich	7	2	2	3	7	10	8
Swansea	7	2	2	3	6	9	8
QPR	7	2	2	3	5	13	8
Fulham	7	1	4	2	10	7	7
Everton	6	2	1	3	6	8	7
Wolverhampton	7	2	1	4	6	10	7
Arsenal	7	2	1	4	10	16	7
Sunderland	7	1	3	3	9	8	6
West Brom	7	1	2	4	5	10	5
Wigan	7	1	2	4	5	11	5
Blackburn	7	1	1	5	8	17	4
Bolton	7	1	0	6	9	21	3

Sunday's results
Bolton 1 Chelsea 5
Fulham 6 Queens Park Rangers 0
Swansea 2 Stoke 0
Tottenham 2 Arsenal 1

ITALY

SERIE A

Sunday's results
Novara 3 Catania 3
Cesena 0 Chievo Verona 0
Fiorentina 1 Lazio 2
Lecce 0 Cagliari 2
Palermo 2 Siena 0
Parma 3 Genoa 1
Udinese 2 Bologna 0
Juventus 2 AC Milan 0

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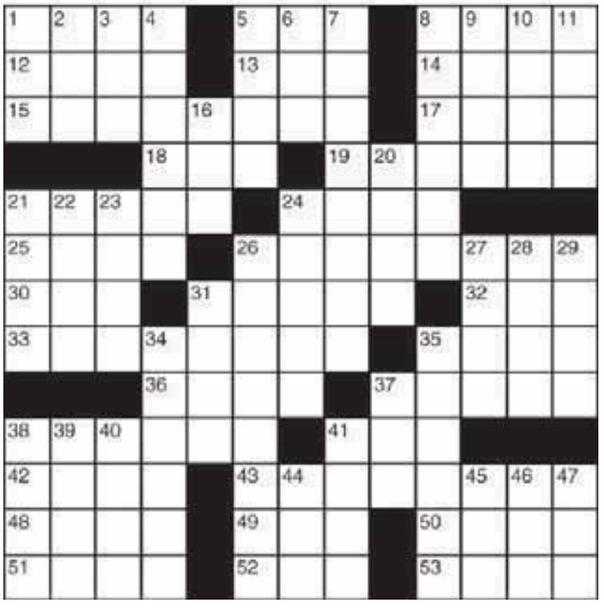
Crossword



Across

1 "Zounds!"
5 Not operating
8 Pump or oxford
12 Long story
13 Squeezing snake
14 Day fraction
15 Athletic awards
17 Deserve
18 Stone in a peach
19 Raspy
21 Induces ennui
24 Half-quart
25 Always
26 Long-short feet, in poetry
30 Started
31 Actor Michael
32 Conk out
33 Woes
35 Paddock papa
36 Requirement
37 Say
38 Carlsbad attraction
41 Sis' counterpart
42 Operatic solo
43 Streetcars of a sort
48 Slapstick arsenal
49 A billion years
50 Concept
51 Vortex
52 Place for 15-Across, maybe
53 "Cut it out!"

Down

1 Superlative suffix
2 Needlefish
3 Past
4 Sharply dressed
5 Last write-up
6 Adversary
7 Couturiers' styles
8 Scabbard
9 Frost
10 Yours and mine
11 Sea eagle
16 Towel designation
20 Formerly
21 Hit hard
22 Finished
23 Change the decor
24 Used a crowbar
26 Having a flair for
27 Rewrite, maybe
28 Green land
29 Crystal gazer
31 Trucker with a radio
34 "— lies the head ..."
35 Emotionless
37 Web address, for short
38 Part of a Superman costume
39 Sahara-like
40 Fought (for)
41 German city
44 Fish eggs
45 Tokyo's old name
46 Longing
47 Took a chair

▶ Yesterday's answer

Sudoku

	2		3	1	8		7	
4								3
		8				6		
7	3		2		9		4	8
				4				
8	4		5		7		2	1
		3				8		
5								9
	8		4	9	5		6	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	6	2	4	5	1	8	7	9
5	9	4	7	3	8	1	2	6
1	8	7	6	9	2	4	5	3
8	7	6	9	2	4	3	1	5
4	5	3	1	8	7	6	9	2
2	1	9	3	6	5	7	4	8
7	2	5	8	4	3	9	6	1
6	3	1	5	7	9	2	8	4
9	4	8	2	1	6	5	3	7

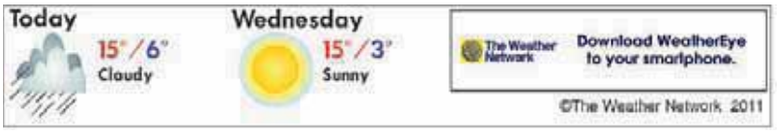
Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Julien
Hey you, I just wanted to let you know that each day I spend with you is the best day. I miss you the second you leave. Lots of special kisses & hugs. xo
FROM MAH

Chelsea (cupcake)
No matter where you are, or what your doing I will always be here for you. I spent my whole life giving up, I'm not giving up on you. You mean so much to me, and all I ever wanted to do was make you happy and see you smile. I'll never be mad at you, and having you in my life means so much. We have some history. Moments Frozen in Time. I Love you, your my bestest friend! Always xo
FROM J.J. MUFFIN

L..ife
lost without you...missing you a lot.
FROM LOST SMILE



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You are about to make a huge decision. Don't worry that you might get it wrong, worry only that if you lose your nerve the chance might pass you by forever. Be bold.

♉ Taurus April 21-May 21 There is a lot of tension in the air and it won't depart until Thursday.

♊ Gemini May 22-June 21 You can be quite emotional at times and that side of your personality will be to the fore today.

♋ Cancer June 22-July 22 It might be wise to play safe, for now.

♌ Leo July 23-Aug.23 You may be a life-affirming Leo but a little caution is no bad thing.

♍ Virgo Aug. 24- Sept. 22 Set the record straight about what you've been up to and to point out how critics have jumped to conclusions a bit too easily.

♎ Libra Sept. 23-Oct. 23 You must tell the truth today, even if by doing so you cause yourself a certain amount of grief.

♏ Scorpio Oct. 24-Nov. 22 Why do you fear the worst for no good reason?

♐ Sagittarius Nov. 23-Dec. 21 Important arrangements may have to be changed at the very last moment but you will profit in numerous ways.

♑ Capricorn Dec. 22-Jan. 20 What you gain over the next few days will more than make up for what you have lost in recent weeks.

♒ Aquarius Jan. 21-Feb. 18 A relationship that has fallen into a rut of late can be re-energized, but you have to make the first move.

♓ Pisces Feb. 19-March 20. You don't have to be completely open about what you are doing — it's probably best to play your cards close to your chest.

SALLY BROMPTON

Caption contest

VADIM GHIRDA/THE ASSOCIATED PRESS

THEMBA HADEBE/THE ASSOCIATED PRESS

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